

WHAT IS CLAIMED IS:

1. A method of adjusting resistance to exercise, comprising the steps of:

providing a lifting member having at least one weight holder;

providing weights sized and configured to be supported by the at least one weight holder, and to define respective selector paths having portions that are upwardly open and portions that are upwardly closed;

providing a weight selector having weight supports that are sized and configured to travel along respective selector paths; and

movably mounting the weight selector on the lifting member for movement along the selector paths.

2. A method of adjusting resistance to exercise, comprising the steps of:

providing a lifting member having at least one weight holder, and a weight selector having weight engaging members;

providing weights sized and configured to be supported by the at least one weight holder and engaged by respective weight engaging members;

positioning the lifting member relative to the weights so that the weight engaging members are disposed adjacent respective weights;

moving the weight selector in a direction parallel to an interface defined between adjacent weights to lock a first one of the weights relative to the lifting member; and

further moving the weight selector in said direction to lock a second one of the weights relative to the lifting member.

3. A method of adjusting resistance to exercise, comprising the steps of:

5 providing a handle that defines a longitudinal axis;
 securing weight holders to opposite ends of the handle;
 providing weights sized and configured to be supported by the weight holders, and to define respective selector paths having portions that are upwardly open and portions that are upwardly
10 closed;

 providing a weight selector having weight supports that are sized and configured to travel along respective selector paths; and

 movably mounting the weight selector on at least one of
15 the weight holders for movement along the selector paths.

4. A method of adjusting resistance to exercise, comprising the steps of:

 providing a handle assembly with a handle that defines a longitudinal axis, weight holders at opposite ends of the handle, and a weight selector having weight engaging members;
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 providing weights sized and configured to be supported by the weight holders and engaged by the weight engaging members;

 positioning the handle assembly relative to the weights so that the weight engaging members are disposed adjacent
25 respective weights;

 moving the weight selector laterally relative to the axis to lock a first one of the weights relative to the handle assembly;

and

further moving the weight selector laterally relative to the axis to lock a second one of the weights relative to the handle assembly.

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